

SEPTEMBER 2020



## Living with Balance

### **Prioritize time away from work, too**

Connecting is easy: Work is just an email, call, or text away. Disconnecting, however, can be tough.

We want to help you achieve a healthy balance. Our work-life team offers tips on prioritizing free time, and we can even help you find nearby activities to help you unwind. If you're feeling burnout already? Our qualified team can help you cope.

**WHATEVER YOU NEED, WE ARE HERE TO HELP.**

*Just call or log on to get started.*

**TOLL-FREE: 866-327-2400**

**WEBSITE: [www.deeroakseap.com](http://www.deeroakseap.com)**

**EMAIL: [eap@deeroaks.com](mailto:eap@deeroaks.com)**

### **YOUR EMPLOYEE ASSISTANCE PROGRAM**

Available any time, any day, your Employee Assistance Program is a free, confidential benefit to help you balance your work, family, and personal life.